



Helping Your Baby Adjust To A New Formula



Most babies will easily take any formula. When your baby is hungry, you can offer the new formula to find out if he or she likes it. Each formula tastes a little different and some babies notice this difference. So, if your baby notices a difference in taste, it may help to start offering the new formula slowly by following these directions:

Powdered Formula (to make one 8-ounce bottle):

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|-------|------|---|
| Day 1 | Mix: | 8 ounces water 3 scoops old brand of formula 1 scoop new brand of formula |
| Day 2 | Mix: | 8 ounces water 2 scoops old brand of formula 2 scoops new brand of formula |
| Day 3 | | Your baby is ready to change completely to the new formula. Follow mixing directions on the can. |

Concentrate Formula (to make one 8-ounce bottle):

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| Day 1 | Mix: | 4 ounces water 3 ounces old brand of formula 1 ounce new brand of formula |
| Day 2 | Mix: | 4 ounces water 2 ounces old brand of formula 2 ounces new brand of formula |
| Day 3 | | Your baby is ready to change completely to the new formula. Follow mixing directions on the can. |

Your baby's stool may look or smell a little different when you change formulas. This is normal and does not mean that there is a problem. It takes a few days for your baby's body adjust to a new formula, so give it time. If you have more questions, ask your WIC staff or your doctor.